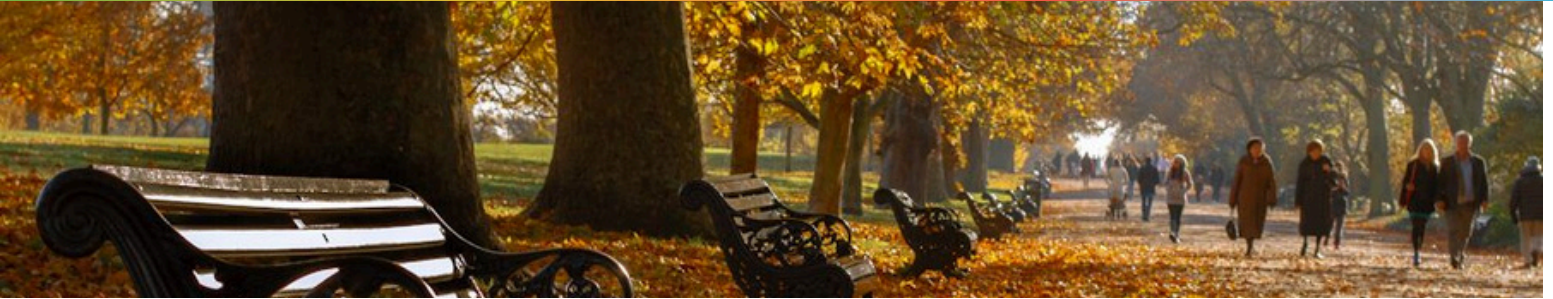




# Alzheimers

## Gisborne/Tairāwhiti



## Nga korero a Tracy



Autumn is a season of change, and we are certainly feeling that at Alzheimer's Gisborne/Tairāwhiti. While change can be exhausting, it is also essential for growth, resilience, and creating a fulfilling life. By embracing change—rather than fearing it—we open the door to new opportunities, stronger skills, improved wellbeing, and the ability to achieve what once felt out of reach.

Here, we are embracing several recent changes, including new computers, programmes and email addresses. Please note our new email address at the end of this newsletter.

We are also preparing to farewell Azure. After four wonderful years with us, she is retiring from work—not to put her feet up, but to pursue creative and family-focused interests. We are now recruiting for a new team member to join the Sherwood Club and will keep you updated.

In this edition, you will also read about a potential extension of our support services. Judy and Frank Solomon will be visiting Gisborne to speak with those interested in bringing their kaupapa Māori dementia mate wareware programme to Tairāwhiti. We hope this will be warmly received by our community and enable us to offer even more local support.

We are also pleased to share a new initiative for care partners. E-DiVA is a website developed from iSupport for Dementia—a self-paced training programme for family carers, originally created by the World Health Organization (WHO) and adapted for New Zealand. It allows carers to access support whenever they need advice or reassurance. Alzheimer's Gisborne/Tairāwhiti was part of the pilot programme with the University of Auckland, and it is exciting to now see it available locally. Many of our carers have already signed up.

E-DiVA stands for *Empowering Dementia Carers with an iSupport Virtual Assistant*.

If you would like more information, we would be happy to help you sign up for your own secure log-in.

Read on for our Easter closing hours and more updates on what we have been up to. There's also a reminder about the approaching membership renewal time!



SUPPORTING  
DEMENTIA  
CARERS

e-DiVA



# CARER SUPPORT GROUP



Photos from our Carer's meeting with the team from the University of Auckland and Massey University who are behind a resource they developed for carers and supporters of people living with dementia. At the meeting with over 20 care partners, the programme was presented with many choosing to sign up to this online, practical and NZ produced website.

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## Fundraiser

## **FIREWOOD FOR SALE**

1 cubic metre of mixed firewood  
with kindling and a bundle of starter wood.

**\$185.00**

Delivered (but not stacked) within city limits.

Limited supply so get in quick to secure your load for winter.

Phone Tracy on 867 0752

Payment made to online banking or cash

Bank account # 03 0638 0375936 00.

# Why Singing and Dancing is Good for Your Brain



We do a lot of singing and dancing at Sherwood Club, and we love it when musicians come to share their talent with us. Not only is it enjoyable, but it also has real benefits for brain health. It has long been established that music can benefit people living with dementia. Now scientists are investigating whether dancing can help as well.

Research has revealed that when people with Alzheimer's are exposed to music this can engage regions of the brain linked to emotion, memory and movement. Further studies showed playing an instrument or singing in a group can help build connections between brain cells and improve attention. "Research shows that activities requiring learning and memory – like dance – can stimulate neuroplasticity, the brain's ability to form new neural connections," Canada's Baycrest Foundation, which monitors advancements in brain health and dementia, published in their report. "This enhanced brain activity helps keep the mind sharp and can even delay the onset of symptoms in those at risk for dementia."

Dancing keeps the brain and body stimulated and help to delay the onset of symptoms for people at risk of dementia, experts say.

"Dance engages many parts of the brain," York University researcher Simran Rooprai explained. Rooprai found moving to Latin music for two years led to cognitive and stability improvements in people with **Parkinson's disease**, the second-most common neurodegenerative disorder after Alzheimer's. "While dancing, you're listening to music, learning new steps, remembering the different sequences, and you're engaging with other dancers so you're aware of your surroundings. Dance is physical, mental, and social all at once."

Dancing can help people reduce tremors, which are common symptoms of Parkinson's disease felt throughout the body. Dancing can help improve balance, alleviate stiffness and prevent tremors that can occur throughout the body, including the feet.

"With Parkinson's disease, your movements can become stiff and slowed," Vaishnavi Srivatsan, a neurological rehabilitation and certified brain injury specialist said. "Everything from posture, balance and ability to get around can become impaired, and over time, worsen."

"Movements in dance allow for patients to work on their coordination, motor control, spatial memory and emotional expression – all which works to improve their confidence," said Srivatsan.



# Introducing Two Dementia Warriors

**Frank Solomon (Ngāti Porou, Ngāti Kahu ki Whangaroa) and his wife Judy Solomon co-founded Solomon Group, an education provider for school non-achievers with particular reference to Māori and Pacific learners in South Auckland and Northland.**



**They have gone on to develop, "Kau Awhitia a Mate Wareware" which means "Embrace Dementia".**

**The programme is based on the 'lived experiences' of whanau and aimed at communities, particularly Maori.**

Come and join Judy and Frank for a light lunch. Hear about their mahi. Discuss how we can make it work here for us in Tairāwhiti.

Thursday 16 April

11.30 am - 2.30 pm

The Sherwood Club  
Alzheimers Gisborne  
Gate 2 Gisborne Hospital

**SPACES ARE  
LIMITED-  
RESERVATIONS  
ESSENTIAL**



manager.gisborne@alzheimers.org.nz



06 867 0752

## Conecting with the whanau at Uawa



We were delighted to have the opportunity to go up the coast to talk to a group of pakeke about dementia mate wareware. There were lots of questions, lots of laughs and lots of ideas for the next visit.

Thank you Te Whare Hauora o Te Aitanga a Hauiti for the invitation.



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## We are closed

We are closed for the upcoming statutory holidays:

Good Friday 3 April  
Easter Monday 6 April

ANZAC day  
Monday 27 April



# Membership renewal

It's coming up to that time of year again—membership renewals!

We are always so grateful to those of you who choose to sign up (and pay) to be financial members. While it might not always feel like a small membership fee makes a big difference, it truly does. Your membership helps demonstrate to our funders that our community values the services and programmes we provide, and the support we offer to people living with dementia and their whānau. It is a simple but powerful way to show your support for the work we do.

Membership fees were confirmed at our AGM in November. There has been a small increase this year, reflecting the rising costs we are experiencing as an organisation.

## Membership fees:

Beneficiary: \$10.00

Individual: \$35.00

Family: \$60.00

Corporate: \$200.00

You are welcome to renew your membership online:

Bank account: 03-0638-0375936-00

Reference: Please use your surname and “Membership”

Invoices will be sent out in mid-May.

If you would also like to make a donation, we are a registered charity and can issue tax receipts.

Thank you, as always, for your ongoing support—it truly makes a difference.



# The Active Brain Network

## ABN

The ABN's meet fortnightly for a social time, usually over a cup of coffee and a chat about how life is going for them. Sometimes their 'other halves' come along too but often it is a time for the members to offer support to each other, each of whom has a diagnosis of early dementia. This group recognises the importance of social connections.

The group is coordinated by Rayleen with support from our volunteer, Karen Whitehead.

The group is pictured:

left - Sandra Elsmore's garden when they went for a wander to smell the roses and have a cuppa.

right - Tracy's back garden for morning tea



## Our thanks to those who donate to us

Recently, we have received two very generous donations through the Sunrise Foundation.

When donating through the Sunrise Foundation, supporters can choose whether their gift is distributed directly to us, or placed into our named fund. When donated to our fund, the capital is invested in perpetuity, and we receive an annual distribution from the returns to support our work in the Gisborne community. This creates a lasting legacy of care and support for people living with dementia and their whānau. Whether given now or invested for the future, every donation makes a real and lasting difference.

Either way, these contributions provide much-needed financial support, and we are deeply grateful.

### Leave a lasting legacy

Support the **Alzheimers Gisborne-Tairāwhiti Endowment Fund**

**Alzheimers Gisborne-Tairāwhiti**  
Provides a wide range of services which include support, advice, education and programmes to people with dementia and their whānau in the Gisborne Tairāwhiti region.

As people get older the chance of developing dementia increases. The most common form is Alzheimers disease, which around two-thirds of people with dementia have. The symptoms each person experiences depend on the parts of the brain affected. Most common symptoms include changes in memory, thinking, behaviour, personality and emotions.

Alzheimers Gisborne-Tairāwhiti work alongside those diagnosed with dementia and their whānau, offering service and support needed.

Any donation you make will be invested, protected and grown each year in line with inflation. The surplus investment income will be granted back to Alzheimers Gisborne-Tairāwhiti every year, meaning your donation will keep supporting them forever.

If you would like more information on how you can make a difference for Alzheimers Gisborne-Tairāwhiti call Glenda at the Sunrise Foundation on 06 867 7939 or glenda@sunrisefoundation.org.nz

**The Sunrise Foundation**  
www.sunrisefoundation.org.nz  
To find out more about Alzheimers Gisborne-Tairāwhiti go online at www.alzheimers.org.nz



We receive a grant from Health New Zealand Te Whatu Ora which partially funds the operation costs of the Sherwood Club

# Our Board and staff contact details



Gisborne/Tairāwhiti

<b>Chair:</b>	<b>Sandra (Sam) Noble</b>
<b>Catherine Chrisp</b>	<b>Bonnie Scandyln</b>
<b>Deputy Chair:</b>	<b>Michelle Duley</b>
<b>Warwick Callender</b>	<b>Claire Jones</b>
<b>Minute Secretary:</b>	<b>Ray Kitchen</b>
<b>Sandra Elsmore</b>	<b>Lynn Omer</b>

**Manager/Treasurer: Tracy Robinson**

**P: 867 0752 (main office)**

**E: [manager.gisborne@alzheimers.org.nz](mailto:manager.gisborne@alzheimers.org.nz)**

**Demetia Navigator: Rayleen Wright**

**P: 027 781 8011**

**E: [navigator@alzheimers.org.nz](mailto:navigator@alzheimers.org.nz)**

**Sherwood Club: Judy, Azure or Debbie**

**P: 027 218 9905**

**E: [sherwood@alzheimers.org.nz](mailto:sherwood@alzheimers.org.nz) or [gisborne2@alzheimers.org.nz](mailto:gisborne2@alzheimers.org.nz)**

Remember to follow us on our Facebook page

**Alzheimers Gisborne Tairawhiti**

